PCN 1W

PATIENT NEWSLETTER

NOVEMBER 2024

WINTERpressures

As we approach the winter months, the NHS is gearing up for an anticipated increase in demand for services. With seasonal illnesses on the rise, it's crucial for everyone to understand how we can all play a part in easing the pressure on healthcare services.

The NHS has announced plans to enhance services and ensure patients receive the care they need during this busy period.

The following cohorts of patients:

Homeless,

Housebound,

Severely Frail,

Over 75 year old not seen in the last year,

65-74 year old not seen in the last year will be contacted by phone by our Social Prescribers shortly to check if help is required.

As we navigate the winter months, let's all do our part to support the NHS and ensure we stay healthy. If you have any concerns or need assistance, don't hesitate to contact your gp practice

EMPLOYMENT SUPPORT WORKSHOP

RECAP

On Monday 14th October PCN 1W held an Employment Support Workshop at Everglade Medical Practice. There was various talks supporting those who are experiencing anxiety, depression and stress related symptoms that are preventing working.

Key Highlights:

- **Volunteering Opportunities:** Both Volunteering Barnet and V-I-A presented a range of local volunteering opportunities that are currently available across different sectors.
- **Skills Development:** Attendees learned how volunteering can help build transferable skills such as leadership, communication, and problem-solving, which are highly valuable in the job market.
- **Career Guidance:** V-I-A and shaw trust shared practical tips on how to highlight relevant experience on CVs and in interviews, making it a key asset for job seekers.
- **Mental Wellbeing Support:** The event also touched on how staying engaged in meaningful activities through volunteering can support mental health and wellbeing during unemployment





HEALTH AND WELLBEING CORNER

Sophie Abergill

What is a healthy, balanced diet?

We have previously looked at what a healthy, balanced diet consists of. In particular, we looked at, carbohydrates, fruit and vegetables and protein. This month we continue discussing what a healthy, balanced diet consists of and we will specifically be looking at dairy and alternatives and fats.
You may have come across the NHS Eatwell Guide pictured below:



The Eatwell guide tells us how much of each food group we should be aiming for over the course of the day or week to achieve a healthy, balanced diet.
Looking at the blue section in the Eatwell Guide above, the NHS states:
"Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy.
Try to go for lower-fat and lower-sugar products where possible, like semi-skimmed, skimmed or 1% fat milk, reduced-fat cheese or plain low-fat yoghurt."
Before moving onto the guide's purple section, it is important to note that there are different types of fat. The main types of fat are unsaturated and saturated fats.

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When it comes to oils and spreads (purple section), the NHS states: "Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils."

The NHS also says that "most fats and oils contain both saturated and unsaturated fats in different proportions. As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats." Too much saturated fat can increase your LDL (bad) cholesterol and increase your risk of cardiovascular disease. Did you also know that fats contain 9kcal (calories) per gram, compared to carbohydrates (4kcal per gram) and protein (4kcal per gram).

None of this is not to say that we should be afraid of fats or that we should completely avoid fat in our diet, as they are an important macronutrient for our body.

The NHS explains that "A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats."

Too much fat, however, gets turned into body fat, so we have to be mindful of portion sizes and how often we are eating high fat foods.

Finally, be aware of statements on food labels. For example, low fat means there is <3% fat in these products and they can often contain more sugar. Reduced, light or lower fat means there is 30% less fat than the full fat alternative. This means up to 70% of the fat is still included and it could still contain a lot of fat.

It is important to remember, however, that everyone is different. The information here generalised. If you have specific dietary requirements or dietary requirements based on a specific medical condition or concern, please consult a GP or relevant medical professional.

Next month we will look at the rest of the Eatwell Guide. In the meantime, try and set yourself a relevant goal if applicable. Remember to start small and start SMART (Specific, Measurable, Achievable, Relevant and Time-bound goals). It is also never too late to make a change. We are all stronger than we think, so don't give up. I wish you luck.

Sophie (Health and Wellbeing Coach for PCN1W, Certified Personal Trainer and Nutritional Advisor)

Make sure you check back every month for all your health and wellbeing titbits.

NHS

How to

APP

This new video gives an introduction to the NHS account and the NHS App, including what features are available and how you can navigate to them.

New videos show patients how to use the NHS account step by step. The NHS account, which can be accessed through the NHS website, offers the same services that are available in the App online.



WHATS HAPPENING IN NOVEMBER

As we enter November, several important health awareness campaigns and observances aim to promote well-being and community support.

MOVEMBER (1-30 NOV)

focuses on men's health, encouraging men to discuss issues such as prostate cancer, testicular cancer, and mental health. For support and resources, visit Movember Foundation.

UK MALNUTRITION AWARENESS WEEK (1-7 NOV)

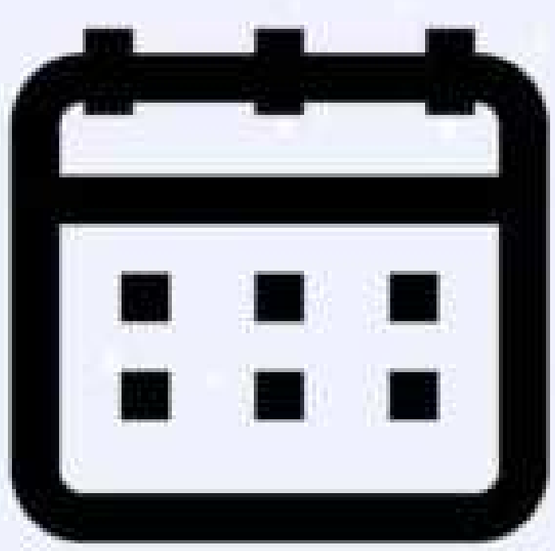
raises awareness about malnutrition, emphasizing the importance of proper nutrition. For guidance, check out Malnutrition Task Force.

NATIONAL SELF CARE WEEK (13-19 NOV)

encourages individuals to prioritize self-care practices. Explore tips and resources at Self Care Forum.

NATIONAL STRESS AWARENESS WEEK (6-10 NOV)

highlights the impact of stress and offers strategies for management. Visit Stress Manggement Society for support.



WHATS HAPPENING IN NOVEMBER

INTER FAITH WEEK (12-19 NOV)
promotes understanding and cooperation between different faith communities.

ANTI-BULLYING WEEK (13-17 NOV)
raises awareness about bullying prevention. Visit Anti-Bullying Alliance for resources.

TRANS AWARENESS WEEK (13-19 NOV)
fosters understanding and support for the transgender community.

DISABILITY HISTORY MONTH (16 NOV - 16 DEC)
highlights the history and achievements of disabled people.

TRANSGENDER DAY OF REMEMBRANCE (20 NOV)
honors the memory of those lost to anti-transgender violence.

CARERS RIGHTS DAY (24 NOV)
raises awareness of the rights of unpaid carers. Resources can be found at Carers UK.

16 DAYS OF ACTION AGAINST DOMESTIC VIOLENCE (25 NOV - 10 DEC)
promotes awareness and prevention. For support, visit Women's Aid.

For more information, consider local services in Barnet, including Barnet Council and Barnet Community Health Services.

Let's support each other in our health journeys this November!